

***What is Claimed Is:***

1. A lumbar support for a seat, comprising:
  - a plurality of guide rods attached to the seat;
  - a flexible support element, said flexible support element being connected to said plurality of guide rods; and
    - a bowden cable having a sheath and a cable, at least one of said sheath or said cable being attached to said flexible support element such that movement of said cable relative to said sheath adjusts an arching of said flexible support element.
2. The lumbar support of claim 1, wherein said flexible support element further comprises a pair of ends and a plurality of sliding elements connecting at least one of said ends to said plurality of guide rods, and wherein at least one of said pair of ends moves toward the other of said pair of ends as said flexible support element is adjusted into said arch and said plurality of sliding elements slide along said guide rods.
3. The lumbar support of claim 1, wherein said flexible support element is selected from the support group consisting of a panel and a grid.
4. The lumbar support of claim 1, further comprising at least one spring attached between said flexible supporting element and said cable of said bowden cable.
5. The lumbar support of claim 1, further comprising a means for adjusting said arching of said flexible support element, wherein said adjusting means is attached to said bowden cable and further comprises a means for counteracting an arching force required to arch said flexible support element.
6. The lumbar support of claim 5, wherein said counteracting means is a spring selected from the group consisting of a compressive spring and a tensile spring.

7. The lumbar support of claim 6, wherein one end of said spring is attached to said cable of said bowden cable and another end of said spring is attached to at least one of a fixture of said arching means and the seat.
8. The lumbar support of claim 5, further comprising a means for adjusting a level of said flexible support element, wherein said arching adjusting means and said level adjusting means are each selected from the group consisting of a manual adjustment and a motor-driven adjustment.  
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9. The lumbar support of claim 1, further comprising a restoring spring attached to said flexible support element.
10. The lumbar support of claim 1, further comprising a frame through which said guide rods are attached to the seat and a first transverse strut through which said guide rods are attached to said frame.  
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11. The lumbar support of claim 10, further comprising a second transverse strut attached to said frame, wherein said second transverse strut is attached to at least one of said guide rods and said flexible support element.  
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12. A lumbar support for a seat, comprising:
  - a frame;
  - a flexible support element attached to said frame;
  - a means for adjusting said flexible support element, wherein said adjusting means provides an adjustment force required for adjusting said flexible support element; and  
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  - a means for counteracting said adjustment force required for adjusting said flexible support element.

13. The lumbar support of claim 12, wherein said counteracting means is a spring having a spring force and selected from the group consisting of a compressive spring and a tensile spring.
14. The lumbar support of claim 13, wherein one end of said spring is attached to said adjusting means and another end of said spring is attached to at least one of a fixture of said adjusting means and said frame.  
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15. The lumbar support of claim 14, wherein said adjusting means further comprises a means for arching said flexible support element, wherein said arching means is comprised of a bowden cable and at least one of a manual adjustment and a motor-driven adjustment, said  
10 bowden cable having a sheath and a cable, at least one of said sheath or said cable being attached to said flexible support element such that movement of said cable relative to said sheath adjusts an arching of said flexible support element.
16. The lumbar support of claim 15, wherein said adjusting means further comprises a means for adjusting a level of said flexible support element.  
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17. The lumbar support of claim 12, further comprising a pair of guide rods, wherein said pair of guide rods are attached between said flexible support element and said frame.  
18. The lumbar support of claim 17, further comprising a transverse strut attaching said pair of guide rods to said frame and a restoring spring attaching said flexible support element to said transverse strut.  
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19. A lumbar support for a seat frame, comprising:
  - at least one transverse strut;
  - a plurality of guide rods attached to said transverse strut;
  - a flexible support element attached to said plurality of guide rods; and

a bowden cable having a sheath and a cable, at least one of said sheath or said cable being attached to said flexible support element such that movement of said cable relative to said sheath adjusts an arching of said flexible support element.

20. The lumbar support of claim 20, further comprising a restoring spring and a means for adjusting said arching of said flexible support element, wherein said restoring spring attaches said flexible support element to said transverse strut, and wherein said adjusting means is attached to said bowden cable and further comprises a means for reducing a force required to arch said flexible support element, wherein said reducing means is a counteracting spring.